365 Taoism Quotes

Daily Taoism Quotes to Become More Congruent, Peaceful and Thankful

Xabier K. Fernao

365 Taoism Quotes Daily Taoism Quotes to Become More Congruent, Peaceful and Thankful *By* Xabier K. Fernao

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Introduction

Aged wisdom is most necessary for the chaos in today's world.

Think about it.

We live in a Facebook world. Everyone is constantly on their phones, checking out other people's profiles and are constantly distracted by the barrage of emails, messages and notifications.

Taoism promotes joyful living… and part of that is living with joy, peace and grace.

This book is not about the principles, history and philosophies of Taoism…

This book is a **shortcut**.

This book is a compilation of 365 of the wisest, most intriguing and most important Taoism quotes.

Remember: you don't become fitter from reading push-ups. You become fitter only when you do the push-ups. (doesn't matter how many you do, how bad/good each repetitions look like) Similar, the teaching of Taoism is a way of life. There is no point reading a chunky, fluffy and thick book to study about Taoism, only to find out that you'll only need to live from some of the quotes/sayings from it.

The pages that follow are a collection and compilation of my favorite quotes that I use, love and paste it all around me in small post-it. These quotes are thought-provoking, fascinating and intriguing. These quotes, without a shadow of doubt, will give you courage, energy and inspiration that will support you in your day-to-day life.

This book is yours to read as you love, but I highly recommend you go deep on each and every quote and not simply scan through each one of them and think

“Cool, I’ve seen that somewhere, next…”

With that said, I encourage you to read 1 quote a day that allows you to think and relate to your own life so that you can unleash the quote’s full potential to fuel up your day with wisdom, joy and grace.

Thank you,

Xabier K. Fernao

How to Get the Most Out of this book

This book has been created to work in several ways: 1) To read the book, 1 quote a day, for 365 days. This will keep you committed to a tiny action a day and build your confidence for self-discipline each and every single day.

2) To read the book from cover to cover just like any other books and get a glimpse shot of all the meaningful and insightful quotes.

3) For you to highlight the quotes that you really love and mean something to you and write them down on a post-it or anywhere that will remind you of the greatness that you already have inside of you.

4) For you to journal and write down what each quote means to you each day as you are reading 1 quote a day and this book will become your personal inspirational quotes book that mean a huge lot to you.

I'd strongly recommend you to share a quote that really means something to you on your Facebook, Instagram and Twitter and share it with your friends what the quote means to you. You live when you grow but you get fulfillment when you give.

Note: The quotes in this book are collected from many sources and time periods. Every reasonable effort has been made to correctly attribute each quote to the original author but in some cases it was impossible to find out who really said the quote. On these cases, we'll use our own judgment to determine who really said the quote first. With that, enjoy the book and remember that life is always happening for you, and never to you. It is only a matter of perspective.

365 Days of Taoism Quotes

Day 1

Whereof one cannot speak, thereof one must be silent.

- *Ludwig Wittgenstein*

Day 2

Doing nothing is better than being busy doing nothing.

- *Lao Tzu*

Day 3

To Taoism that which is absolutely still or absolutely perfect is absolutely dead, for without the possibility of growth and change there can be no Tao. In reality there is nothing in the universe which is completely perfect or completely still; it is only in the minds of men that such concepts exist.

- *Alan W. Watts*

Day 4

I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures.

- *Tony Robbins*

Day 5

To light a candle is to cast a shadow...

- *Ursula K. Le Guin*

Day 6

You must let what happens happen. Everything must be equal in your eyes, good and evil, beautiful and ugly, foolish and wise.

- *Michael Ende*

Day 7

Those who don't know how to suffer are the worst off. There are times when the only correct thing we can do is to bear out troubles until a better day.

- *Deng Ming-Dao*

Day 8

Shape clay into a vessel;
It is the space within that makes it useful.
Cut doors and windows for a room;
It is the holes which make it useful.
Therefore benefit comes from what is there; Usefulness from what is not there.

- *Laozi*

Day 9

The hard and mighty lie beneath the ground
While the tender and weak dance on the breeze above.

- *Lao Tzu*

Day 10

Man suffers only because he takes seriously what the gods made for fun.
- *Alan Wilson Watts*

Day 11

When love and hate are both absent, everything becomes clear and undisguised. Make the slightest distinction, however, and heaven and earth are set infinitely apart. If you wish to see the truth, then hold no opinions for or against anything. To set up what you like against what you dislike is the disease of the mind.
- *Hsin Hsin Ming*

Day 12

The clouds above us join and separate,
The breeze in the courtyard leaves and returns.
Life is like that, so why not relax?
Who can stop us from celebrating?
- *Lu Yu*

Day 13

We may be floating on Tao, but there is nothing wrong with steering. If Tao is like a river, it is certainly good to know where the rocks are.
- *Deng Ming-Dao*

Day 14

Only he who has no use for the empire is fit to be entrusted with it.

- *Zhuangzi*

Day 15

Expression is never helped by suppression.

- *Deng Ming-Dao*

Day 16

When we practice sacred sexuality we are working with cosmologically rooted principles, balancing the heavenly yang (male energy) of the universe with the all-knowing, life-giving yin (feminine energy) of the earth within ourselves.

- *John Maxwell Taylor*

Day 17

No, free will is not an 'extra'; it is part and parcel of the very essence of consciousness. A conscious being without free will is simply a metaphysical absurdity.

- *Raymond Smullyan*

Day 18

This implies that the art of life is more like navigation than warfare, for what is important is to understand the winds, the tides, the currents, the seasons, and the principles of growth and decay, so that one's actions may use them and not fight them.

- *Allen Watts*

Day 19

Adherence to fewer outer laws, draws forth greater inner influence. Until you find but the three laws expressing the infinite One.

- *Leland Lewis*

Day 20

The journey of a thousand miles begins with one step.

- *Lao Tzu*

Day 21

As long as some suffer
The River Flows Forever
As long as there is pain
The River Flows Forever
As strong as a smile can be
The River will Flow Forever

- *Tupac Shakur*

Day 22

...and after discarding the emptiness of the Big Congested Mess, we discover the fullness of Nothing.

- *Benjamin Hoff*

Day 23

A marsh pheasant has to walk ten paces for a bite to eat and a hundred for a sip of water. But still it wouldn't want to be tamed and put into a cage. Even treated like a king, it could never be happy and content.

- *Chuang Tzu*

Day 24

Doing nothing can sometimes be the most effective form of action.

- *Kevin Kwan*

Day 25

When you change the way you feel, it changes the way you think. When you change the way you think, you change the way you deal with everything in life.

- *Sheila Burke*

Day 26

Dwelling on the past is like dragging a boat over dry land.

- *Sheila Burke*

Day 27

If practicality and morality are polarized and you must choose, you must do what you think is right, rather than what you think is practical.

- *Philip K. Dick*

Day 28

Sometimes you're going to
shine like the sun; sometimes you're going to crumble to pieces.
Either way, it's okay.
- *Sheila Burke*

Day 29

Taoism is the profoundest nonconformism that has ever been evolved anywhere in the world, at any time in history; essentially it is rebellion.
- *Osho*

Day 30

The only path wide for us all is love.
- *Kamand Kojouri*

Day 31

Well-being, or wholeness, implies integrity and harmony between all existing elements, providing freedom for the whole.
- *Darrell Calkins*

Day 32

Laughter has got to be the single healthiest activity one can perform. Just think how healthy you would be if you could sincerely laugh at that which now oppresses you.
- *Darrell Calkins*

Day 33

Don’t be confined by the self you have experienced, the self you know. Going beyond what you know and what you have experienced, challenge your brain with new questions and give it new tasks—then it will begin to manifest infinite creativity.

- *Ilchi Lee*

Day 34

Doing or not doing something - they are similar. Both involve an action and sincerity.

- *CLAMP*

Day 35

If a branch is too rigid, it will break. Resist, and you will perish.
Know how to yield, and you will survive.

- *Liezi, Lieh-tzu*

Day 36

When a man does not dwell in self, then things will of themselves reveal their forms to him. His movement is like that of water, his stillness like that of a mirror, his responses like those of an echo.

- *Zhuangzi*

Day 37

How can one know the eternal origin?
By letting go of ideas
and allowing it to reveal itself

- *Lao Tzu*

Day 38

To be whole is to be part;
true voyage is return
- *Ursula K. Le Guin,*

Day 39

Perfect tranquillity is the way of heaven and earth - *Lao Tzu*

Day 40

Division and differentiation are the processes by which things are created. Since things are emerging and dissolving all the time, you cannot specify the point when this division will stop.
- *Liezi*

Day 41

Sometimes I'd yell questions at the rocks and trees, and across gorges, or yodel - "What is the meaning of the void?" The answer was perfect silence, so I knew.
- *Jack Kerouac*

Day 42

The little child learns to speak, though it has no learned teachers - because it lives with those who know how to speak.
- *Zhuangzi*

Day 43

The sage does not become trapped in semantics, does not mistake map for territory, but rather "opens things up to the light of Heaven" by flowing with the words, by playing with the words. Once attuned to this flow, the sage need make no special effort to "illumine," for language does it by itself, spontaneously. Language spills over.

- *Hakim Bey*

Day 44

How can I know you if I don't know myself?

- *Lujan Matus*

Day 45

Life is serious...but you cannot take it seriously.

- *Peter Butterworth*

Day 46

“Tezyeme," he said, which meant something on the order of "it is happening the way it is supposed to happen.

- *Ursula K. Le Guin*

Day 47

Stop a bit and think it over. There do be some knots mighty easy to tie but the untying is a cat of a different brade.

- *Walter Bagehotyn Rand*

Day 48

He who is contented is rich.

- *Lao Tzu*

Day 49

“Why do you have to ruin everything?' he asked. 'Why do you have to name everything? Decide what's real and what's – why can't you just enjoy things? What's wrong with you?”

- *Michael Montoure*

Day 50

In East Asia generally, the notion of a Supreme Being, so essential to Western religions, is replaced by that of a Supreme State of Being, an impersonal perfection from which beings including man are separated only by delusion.

- *John Blofeld*

Day 51

It can be passed on, but not received.
It can be obtained, but not seen.

- *Zhuangzi*

Day 52

Acceptance doesn't mean masochistic pessimism, but joyful support of and participation in the great cosmic drama.

- *Nathan J. Johnson*

Day 53

If you want to shrink something, you must first expand it. If you want to get rid of something, you must allow it to flourish. If you want to take something, you must allow it to be given. The soft will overcome the hard. The slow will beat the fast. Don't tell people the way, just show them the results.

- *James Frey*

Day 54

Men honor what lies within the sphere of their knowledge, but do not realize how dependent they are on what lies beyond it.

- *Chuang Tse*

Day 55

We are born from a quiet sleep, and we die to a calm awakening - *Chuang Tzu*

Day 56

Life can be a process of observing
what we are interfering with,
rather than interfering with
what we are observing.

- *Lujan Matus*

Day 57

Let your mind wander in simplicity, blend your spirit with the vastness, follow along with things the way they are, and make no room for personal views - then the world will be governed.

- *Zhuangzi*

Day 58

As a soul, you have the freedom – and earned responsibility – to transpose your personal process of evolution, to manifest your greatest talents and vision, into the work that matters to you most as a means to personal redemption.

- Darrell Calkins

Day 59

Rocks have their dreams, and the earth changes. . . .But when the mind becomes conscious, when the rate of evolution speeds up, then you have to be careful. Careful of the world. You must learn the way. You must learn the skills, the art, the limits. A conscious mind must be part of the whole, intentionally and carefully--as the rock is part of the whole unconsciously. Do you see? Does it mean anything to you?

- Ursula K. Le Guin

Day 60

Dwelling on the past is like dragging a boat over dry land.

- Sheila M. Burke

Day 61

The expensive car you bought doesn't matter, but the way you treated the sales man did.

- Sheila M. Burke

Day 62

The Universal Harmony records various wonders, and it says: "When the P'eng journeys to the southern darkness, the waters are roiled for three thousand li. He beats the whirlwind and rises ninety thousand li, setting off on the sixth month gale."

Wavering heat, bits of dust, living things blowing each other about – the sky looks very blue. Is that its real color, or is it because it is so far away and has no end? When the bird looks down, all he sees is blue too.

- Zhuangzi

Day 63

The freest human being is not one who acts on reasons he has chosen for himself, but one who never has to choose. Rather than agonizing about alternatives he responds effortlessly to situations as they arise. He lives not as he chooses but as he must.

- John Gray

Day 64

You have the power to change the happiness level in someone’s life and in the process you change your mind-set and the level of your own happiness. Practicing kindness and compassion will change your life, your environment, your outlook on your future, and how you view what has happened in your past.

- Sheila Burke

Day 65

Appreciation, affection, focus and intention fill up the space of self-reflection, and one loses oneself in the engagement. And what a relief it is when you get there.

- *Darrell Calkins*

Day 66

It is too facile to say that the way to follow Tao is to simply go along with the flow of life. Sometimes, like the carp, we must know when to go it alone.

- *Deng Ming-Dao*

Day 67

Knowing others is intelligence;
knowing yourself is true wisdom.
Mastering others is strength;
mastering yourself is true power.

- *Lao Tzu*

Day 68

A good traveler has no fixed plans and is not intent on arriving.

- *Lao Tzu*

Day 69

Trying to define yourself is like trying to bite your own teeth.

- *Alan W Watts*

Day 70

When the ego is in the driver's seat, we judge. When our spirit, our authentic self, is in control, we practice listening (without judging), compassion, and love.

- *Sheila Burke*

Day 71

This is the real secret of life -- to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play.

- *Alan W. Watts*

Day 72

The surest way to become Tense, Awkward, and Confused is to develop a mind that tries too hard - one that thinks too much.

- *Benjamin Hoff*

Day 73

Every real story is a never ending story.

- *Michael Ende*

Day 74

You cannot buy the revolution. You cannot make the revolution.
You can only be the revolution. It is in your spirit, or it is nowhere.

– Ursula K. Le Guin

Day 75

By its nature, what you yearn for is most often intimidating. It produces, and itself is, a question, and one that is not easy to engage or answer.

- *Darrell Calkins*

Day 76

The moon does not fight. It attacks no one. It does not worry. It does not try to crush others. It keeps to its course, but by its very nature, it gently influences. What other body could pull an entire ocean from shore to shore? The moon is faithful to its nature and its power is never diminished.

- *Deng Ming-Dao*

Day 77

Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.

- *Lao Tzu*

Day 78

Those who know do not speak. Those who speak do not know.

- *Lao Tzu*

Day 79

To be truly happy and contented, you must let go of the idea of what it means to be truly happy or content.

- *Lieh Tzu*

Day 80

The expensive car you bought doesn’t matter, but the way you treated the sales man did.

- *Sheila Burke*

Day 81

The meaning of life is just to be alive. It is so plain and so obvious and so simple. And yet, everybody rushes around in a great panic as if it were necessary to achieve something beyond themselves.

- *Alan W Watts*

Day 82

The main problem with this great obsession for saving time is very simple: you can't save time. You can only spend it. But you can spend it wisely or foolishly.

- *Benjamin Hoff*

Day 83

There are many kinds of joy, but they all lead to one: the joy to be loved.

- *Michael Ende*

Day 84

Nobody who says, ‘I told you so’ has ever been, or will ever be, a hero.

- *Ursula K. Le Guin*

Day 85

If you are “playing” too much or “working” too much, you will have a reaction on the other side, which indicates your pace is off, too slow or too fast.

- Darrell Calkins

Day 86

Who you are is always right.

- Deng Ming-Dao

Day 87

When you are content to be simply yourself and don't compare or compete, everyone will respect you.

- Lao Tzu

Day 88

The truth is not always beautiful, nor beautiful words the truth.

- Lao Tzu

Day 89

A person with a mind is bound to be filled with conceptions.
These conceptions prevent him from knowing things directly, so a person with a mind shall never really know.

- Liezi

Day 90

People you meet on your journey may not give you direct answers, but listen and observe. Everyone on your path presents a lesson for you.

- *Sheila Burke*

Day 91

The only way to make sense out of change is to plunge into it, move with it, and join the dance.

- *Alan W Watts*

Day 92

You'd be surprised how many people violate this simple principle every day of their lives and try to fit square pegs into round holes, ignoring the clear reality that Things Are As They Are.

- *Benjamin Hoff*

Day 93

You wish for something, you've wanted it for years, and you're sure you want it, as long as you know you can't have it. But if all at once it looks as though your wish might come true, you suddenly find yourself wishing you had never wished for any such thing.

- *Michael Ende*

Day 94

To learn which questions are unanswerable, and not to answer them: this skill is most needful in times of stress and darkness.

- *Ursula K. Le Guin*

Day 95

My intention is not to define a perfect life and then cause an unhappy analysis of what you are not doing correctly or are incapable of doing.

- *Darrell Calkins*

Day 96

Grappling with fate is like meeting an expert wrestler: to escape, you have to accept the fall when you are thrown. The only thing that counts is whether you get back up.

- *Deng Ming-Dao*

Day 97

When I let go of what I am, I become what I might be.

- *Lao Tzu*

Day 98

Time is a created thing. To say 'I don't have time,' is like saying, 'I don't want to.

- *Lao Tzu*

Day 99

If you can dispense with reputation, then you are free from care.
Reputation is only a visitor, but reality is here to stay.
- *Liezi*

Day 100

Everything is in the root.
If you pick the weed without getting the root out of the soil, be assured, it is going to grow back.
- *Sheila Burke*

Day 101

The menu is not the meal.
- *Alan W Watts*

Day 102

A clever mind is not a heart. Knowledge doesn't really care, wisdom does.
- *Benjamin Hoff*

Day 103

You must let what happens happen. Everything must be equal in your eyes, good and evil, beautiful and ugly, foolish and wise.
- *Michael Ende*

Day 104

The only thing that makes life possible is permanent, intolerable uncertainty: not knowing what comes next.

- *Ursula K. Le Guin*

Day 105

The essential war within, and the cause of suffering, begins with the presumption that yearning, impulse and curiosity, desire and question, exist so as to end them. To attain, to acquire, to answer.

- *Darrell Calkins*

Day 106

If you have a good idea, use it so that you will not only accomplish something, but so that you can make room for new ones to flow into you.

- *Deng Ming Dao*

Day 107

The best fighter is never angry.

- *Lao Tzu*

Day 108

To solve a problem, you need to remove the cause, not the symptom.

- *Liezi*

Day 109

Once you transcend the external differences, anything can be merged with anything.

- *Liezi*

Day 110

You know that you won't remain Centered all the time, and it is a normal part of human life to drift
left or right of Center sometimes

- *Sheila Burke*

Day 111

You are an aperture through which the universe is looking at and exploring itself.

- *Alan W Watts*

Day 112

The wise know their limitations; the foolish do not.

- *Benjamin Hoff*

Day 113

But that is another story and shall be told another time.

- *Michael Ende*

Day 114

My imagination makes me human and makes me a fool; it gives me all the world and exiles me from it.

- *Ursula K. Le Guin*

Day 115

The nature of yearning is urgent so as to guarantee evolution, change.

- *Darrell Calkins*

Day 116

It is too facile to say that the way to follow Tao is to simply go along with the flow of life. Sometimes, like the carp, we must know when to go it alone.

- *Deng Ming-Dao*

Day 117

Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her.

- *Lao Tzu*

Day 118

A man with outward courage dares to die; a man with inner courage dares to live.

- *Lao Tzu*

Day 119

The contented person finds rest in death, and for the greedy person, death puts an end to his long list of desires.

- *Liezi*

Day 120

When I think of Tao,
I think of the artist
Bob Ross and his famous painting techniques.
I can hear him say,
“It’s your tree, you can make it
look any way you want to.
- *Sheila Burke*

Day 121

You are a function of what the whole universe is doing in the same way that a wave is a function of what the whole ocean is doing.
- *Alan W Watts*

Day 122

When you discard arrogance, complexity, and a few other things that get in the way, sooner or later you will discover that simple, childlike, and mysterious secret known to those of the Uncarved Block: Life is Fun.
- *Benjamin Hoff*

Day 123

Strange as it may seem, horror loses its power to frighten when repeated too often.
- *Michael Ende*

Day 124

It is very hard for evil to take hold of the unconsenting soul.

- *Ursula K. Le Guin*

Day 125

Although each of us has the right to believe we are suffering, I suppose, there is a definite and ultimately essential distinction to be made between actual suffering, its cause and resolution, and invented or imagined suffering..

- *Darrell Calkins*

Day 126

Whether we remain the ash or become the phoenix is up to us.

- *Deng Ming-Dao*

Day 127

If you are depressed you are living in the past.
If you are anxious you are living in the future.
If you are at peace you are living in the present.

- *Lao Tzu*

Day 128

Care about what other people think and you will always be their prisoner.

- *Lao Tzu*

Day 129

Develop flexibility and you will be firm; cultivate yielding and you will be strong.

- *Liezi*

Day 130

Practicing kindness and compassion will change your life, your environment, your outlook on your future, and how you view what has happened in your past.

- *Sheila Burke*

Day 131

I have realized that the past and future are real illusions, that they exist in the present, which is what there is and all there is.

- *Alan W Watts*

Day 132

A way of life that keeps saying 'Around the next corner, above the next step,' works against the natural order of things and makes it so difficult to be happy and good.

- *Benjamin Hoff*

Day 133

Time is life itself, and life resides in the human heart - *Michael Ende*

Day 134

But it is one thing to read about dragons and another to meet them.

- *Ursula K. Le Guin*

Day 135

The subjective experience of intense pain (“That’s all I can take”) corresponds exactly to one’s subjective experience in relation to truth (“That’s all I can take”)

- *Darrell Calkins*

Day 136

Those truly linked don't need correspondence. When they meet again after many years apart, Their friendship is as true as ever.

- *Deng Ming-Dao*

Day 137

Be content with what you have;
rejoice in the way things are.
When you realize there is nothing lacking,
the whole world belongs to you.

- *Lao Tzu*

Day 138

Nature does not hurry, yet everything is accomplished.

- *Lao Tzu*

Day 139

The ancient saying that force outdoes inferiors while gentility outdoes superiors.

- *Liezi*

Day 140

Taoism is simply the complete acceptance of yourself as you are right in this moment. It's about rolling with the changes, whether they are perceived as good or bad. Tao reminds us to live life through good actions (important for past karma and karma you are presently creating); through practicing things that engage our mind, body, and spirit.

- *Sheila Burke*

Day 141

The more a thing tends to be permanent, the more it tends to be lifeless.

- *Alan W Watts*

Day 142

When you know and respect your Inner Nature, you know where you belong. You also know where you don't belong.

- *Benjamin Hoff*

Day 143

There were thousands and thousands of forms of joy in the world, but that all were essentially one and the same, namely, the joy of being able to love.

- *Michael Ende*

Day 144

Freedom is a heavy load, a great and strange burden for the spirit to undertake. It is not easy. It is not a gift given, but a choice made, and the choice may be a hard one. The road goes upward towards the light; but the laden traveler may never reach the end of it.

- *Ursula K. Le Guin*

Day 145

Transcendence is more about the personal act of not engaging the enemy, finding a way out of the cage that is being designed for you at a particular moment by others, circumstance, or your own bad habits and ignorance.

- *Darrell Calkins*

Day 146

You may be capable of great things,
But life consists of small things.

- *Deng Ming-Dao*

Day 147

At the center of your being
you have the answer;
you know who you are
and you know what you want

- *Lao Tzu*

Day 148

Silence is a source of Great Strength.

- *Lao Tzu*

Day 149

Complete people gaze into the blue sky above, plunge into the center of the earth below, and run freely in the eight directions without even a change of mood.

- *Liezi*

Day 150

Man can never eliminate the necessity of using his own intelligence, regardless of how cleverly he tries!

- *Raymond M. Smullyan*

Day 151

Things are as they are. Looking out into the universe at night, we make no comparisons between right and wrong stars, nor between well and badly arranged constellations.

- *Alan W Watts*

Day 152

The masters of life know the way, for they listen to the voice within them, the voice of wisdom and simplicity, the voice that reasons beyond cleverness and knows beyond knowledge.

- *Benjamin Hoff*

Day 153

Those who still think that listening isn't an art should see if they can do it half as well.

- *Michael Ende*

Day 154

I am living in a nightmare, from which from time to time I wake in sleep.

- *Ursula K. Le Guin*

Day 155

Sometimes I wonder how much of our suffering we allow or impose on ourselves simply in search of our worthiness to accept our own respect and appreciation..

- *Darrell Calkins*

Day 156

Markings in dry clay disappear
Only when the clay is soft again.
Scars upon the self disappear
Only when one becomes soft within.

- *Deng Ming-Dao*

Day 157

Do you have the patience to wait until your mud settles and the water is clear?

- *Lao Tzu*

Day 158

Stop thinking, and end your problems.

- *Lao Tzu*

Day 159

When you know that illusion and transformation are no different from birth and death, then you may learn magic

- *Liezi*

Day 160

A conscious being without free will is simply a metaphysical absurdity.

- *Raymond M. Smullyan*

Day 161

Problems that remain persistently insoluble should always be suspected as questions asked in the wrong way.

- *Alan W Watts*

Day 162

I think, therefore I am... confused.

- *Benjamin Hoff*

Day 163

Only the right name gives beings and things their reality. A wrong name makes everything unreal. That's what lies do.

- *Michael Ende*

Day 164

I do not care what comes after; I have seen the dragons on the wind of morning

- *Ursula K. Le Guin*

Day 165

In making a clear distinction between desire (answer) and yearning (question), we inevitably end up back at personal purpose.

- *Darrell Calkins*

Day 166

The idea that each of us can be directly spiritual is radical. Most religions are based not on teaching adherents to be directly spiritual, but in persuading them to trust in the intercession of ministers or priests. The problem with this approach is that we cannot gain access to spirituality except through the medium of a fallible human being. If we want to see Tao, we need only open our eyes and trust what we see.

- *Deng Ming Dao*

Day 167

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

- *Lao Tzu*

Day 168

The flame that burns Twice as bright burns half as long.

- *Lao Tzu*

Day 169

Those who travel outward seek completeness in things; those who gaze inward find sufficiency in themselves.

- *Liezi*

Day 170

Life is like music for its own sake. We are living in an eternal now, and when we listen to music we are not listening to the past, we are not listening to the future, we are listening to an expanded present.

- *Alan W Watts*

Day 171

The difficult problems in life always start off being simple. Great affairs always start off being small.

- *Lao Tzu*

Day 172

Treat gain and loss the same.' Don't be Intimidated. Don't make a Big Deal of anything - just accept things as they come to you.

- *Benjamin Hoff*

Day 173

Wishes cannot be summoned up or kept away at will. They come from deeper within us than good or bad intentions. And they spring up unannounced.

- *Michael Ende*

Day 174

Children know perfectly well that unicorns aren't real, but they also know that books about unicorns, if they are good books, are true books.

- *Ursula K. Le Guin*

Day 175

It takes a relative amount of courage just to get out of bed each day. There are those who are stronger in their courage, and they help to compel us along a little further in the fulfillment of our faith.

- *Darrell Calkins*

Day 176

Keep life simple… turn toward the divine. It satisfies, it brings knowledge, and it brings joy.

- *Deng Ming-Dao*

Day 177

Manifest plainness,
Embrace simplicity,
Reduce selfishness,
Have few desires.

- *Lao Tzu*

Day 178

If you understand others you are smart.
If you understand yourself you are illuminated.
If you overcome others you are powerful.
If you overcome yourself you have strength.
If you know how to be satisfied you are rich.
If you can act with vigor, you have a will.
If you don't lose your objectives you can be long-lasting.
If you die without loss, you are eternal.
- *Lao Tzu*

Day 179

The stories are also used as testing devices, to gauge mental state by reaction, as well as blueprints for further development.
- *Liezi*

Day 180

The Tao of writing..
Write only for the joy of writing
which then become a joy to read.
- *Leland Lewis*

Day 181

One is a great deal less anxious if one feels perfectly free to be anxious, and the same may be said of guilt.
- *Alan W Watts*

Day 182

No matter how useful we may be, sometimes it takes us a while to recognize our own value

- *Benjamin Hoff*

Day 183

Without a past you can't have a future.

- *Michael Ende*

Day 184

“Truth is a matter of the imagination.

- *Ursula K. Le Guin*

Day 185

The exact proportion and combination of the qualities within you, as they are, even while you search and struggle for them to be different or better, is a unique beauty.

- *Darrell Calkins*

Day 186

Reject labels. Reject identities. Reject conformity. Reject convention. Reject definitions. Reject names.

- *Deng Ming-Dao*

Day 187

Music in the soul can be heard by the universe.

- *Lao Tzu*

Day 188

Respond intelligently even to unintelligent treatment - *Lao Tzu*

Day 189

When you release all beliefs you discover directly that which is prior to and beyond them

- *Leland Lewis*

Day 190

We use our words and languages to describe the infinite Universe within and around. Yet this infinite Oneness is eternally prior to and beyond all words or description.

- *Leland Lewis*

Day 191

You and I are all as much continuous with the physical universe as a wave is continuous with the ocean.

- *Alan W Watts*

Day 192

If people were Superior to Animals, they'd take better care of the world

- *Benjamin Hoff*

Day 193

Human passions have mysterious ways, in children as well as grown-ups. Those affected by them can't explain them, and those who haven't known them have no understanding of them at all.

- *Michael Ende*

Day 194

Belief is the wound that knowledge heals.

- *Ursula K. Le Guin*

Day 195

What you have to do to achieve what you want necessitates the creative actualization of the totality of your being as it is.
Nothing more, but also nothing less.

- *Darrell Calkins*

Day 196

Every day passes whether you participate or not.

- *Deng Ming-Dao*

Day 197

Act without expectation.

- *Lao Tzu*

Day 198

To attain knowledge, add things everyday. To attain wisdom, remove things every day.

- Lao Tzu

Day 199

The Eternal Tao is prior to, and infinitely beyond all 'isms”

- Leland Lewis

Day 200

Reality is what one makes it. And the more negative reality one nurtures and creates, the more of it one has.

- Benjamin Hoff

Day 201

If we cling to belief in God, we cannot likewise have faith, since faith is not clinging but letting go.

- Alan W Watts

Day 202

your mind is like an ocean, and thoughts are bubbles raising to the surface to release into the air.... simply breathe deeply like the tides. observe these bubbles with openness of the infinite sky

- Leland Lewis

Day 203

A story can be new and yet tell about olden times. The past comes into existence with the story.

- *Michael Ende*

Day 204

When action grows unprofitable, gather information; when information grows unprofitable, sleep.

- *Ursula K. Le Guin*

Day 205

The challenges are illusions, but necessary ones to determine if you can see through them.

- *Darrell Calkins*

Day 206

Draw energy from the earth
Admit power from the heavens
Fertilize the seed within
Let it sprout into a flower of pure light

- *Deng Ming-Dao*

Day 207

I have three precious things which I hold fast and prize. The first is gentleness; the second is frugality; the third is humility, which keeps me from putting myself before others. Be gentle and you can be bold; be frugal and you can be liberal; avoid putting yourself before others and you can become a leader among men.

- *Lao Tzu*

Day 208

The snow goose need not bathe to make itself white. Neither need you do anything but be yourself

- *Lao Tzu*

Day 209

Try this dear friend.
Set all ego aside.
Allow Divine Source
to flow freely through you.
Unify in Infinite Oneness
with the All.

- *Leland Lewis*

Day 210

All in flux changing and up leveling. when you see negativity around you remember the positive polarity within because everything balances.

- *Leland Lewis*

Day 211

The world is filled with love-play, from animal lust to sublime compassion.

- *Alan W Watts*

Day 212

When we give up our images of self-importance and our ideas of what should be, we can help things become what they need to be.

- *Benjamin Hoff*

Day 213

Calendars and clocks exist to measure time, but that signifies little because we all know that an hour can seem as eternity or pass in a flash, according to how we spend it.

- *Michael Ende*

Day 214

A profound love between two people involves, after all, the power and chance of doing profound hurt.

- *Ursula K. Le Guin*

Day 215

What is at the base of shame or guilt? It is the consciousness of an imbalance, or of an action in the past that has caused, and probably continues to cause, suffering.

- *Darrell Calkins*

Day 216

History is essential to our understanding of the present. Unless we are conscious of the way in which we came to this point in time as a people, then we shall never fully be able to plan the present and the future. We need to know what roots are still alive. We need to know how things came to be so that we can project from here. We also need to know the failures of the past so that we can avoid repeating them.

- *Deng Ming-Dao*

Day 217

To know that you do not know is the best.
To think you know when you do not is a disease.
Recognizing this disease as a disease is to be free of it.

- *Lao Tzu*

Day 218

If you try to change it, you will ruin it. Try to hold it, and you will lose it.

- *Lao Tzu*

Day 219

it is not necessary to convince anyone of anything..... and the words do not matter much. it is the knowledge and experience that is transcendent.

- *Leland Lewis*

Day 220

A duck may quack; or a goose might honk; but which is more accurately expressing Tao?

- *Leland Lewis*

Day 221

If you go off into a far, far forest and get very quiet, you'll come to understand that you're connected with everything.

- *Alan W Watts*

Day 222

The wise are who they are. They work with what they've got and do what they can do.

- *Benjamin Hoff*

Day 223

What I've started I must finish. I've gone too far to turn back.
Regardless of what may happen, I have to go forward.

- *Michael Ende*

Day 224

I had forgotten how much light there is in the world, till you gave it back to me

- *Ursula K. Le Guin*

Day 225

If you know what life really wants, and if you know what you really want, you can begin to create the relationship.

- *Darrell Calkins*

Day 226

Turn your face to the sun, as flowers know how to do.

- *Deng Ming-Dao*

Day 227

If you do not change direction, you may end up where you are heading.

- *Lao Tzu*

Day 228

The wise man is one who, knows, what he does not know.

- *Lao Tzu*

Day 229

You exist in many levels simultaneously. Not merely the temporal material plane of duality.

- *Leland Lewis*

Day 230

Genius emerges from out of the Divine Plan
and to see the Divine Plan requires genius.

- *Leland Lewis*

Day 231

There is nothing at all that can be talked about adequately, and the whole art of poetry is to say what can't be said.

- *Alan W Watts*

Day 232

Things may get a little odd at times, but they work out. You don't have to try very hard to make them work out; you just let them.

- *Benjamin Hoff*

Day 233

There are many kinds of delusion.

- *Michael Ende*

Day 234

I had forgotten how much light there is in the world, till you gave it back to me

- *Ursula K. Le Guin*

Day 235

More focus has been placed on these subjects through human history than on anything else—mystery and mysticism, God, imagination, intuition, the nature of relationships, human purpose, happiness and salvation…

- *Darrell Calkins*

Day 236

Only through lighting a living fire within ourselves can we dance quickly and spontaneously enough to meet the rhythm of life.

- *Deng Ming-Dao*

Day 237

Knowledge is a treasure, but practice is the key to it.

- *Lao Tzu*

Day 238

By letting go it all gets done.

- *Lao Tzu*

Day 239

I draw knowledge not only from books long ago scribed, but moreso from meditating in the Now and dissolving into the Mind Universal.

- *Leland Lewis*

Day 240

Yin and Yang are two aspects of three; with three being circular infinite and unifying spiraling into One... the Tao - *Leland Lewis*

Day 241

What we have to discover is that there is no safety, that seeking is painful, and that when we imagine that we have found it, we don’t like it.

- *Alan W Watts*

Day 242

The Bisy Backson is always going somewhere, somewhere he hasn't been. Anywhere but where he is.

- *Benjamin Hoff*

Day 243

Once someone dreams a dream, it can't just drop out of existence. But if the dreamer can't remember it, what becomes of it?

- *Michael Ende*

Day 244

What is an anarchist? One who, choosing, accepts the responsibility of choice.

- *Ursula K. Le Guin*

Day 245

The purest definition of “religious” is: relating to or manifesting faithful devotion to an acknowledged ultimate reality.

- *Darrell Calkins*

Day 246

Each day your life grows a day shorter. Make every move count.

- *Deng Ming-Dao*

Day 247

Accomplish but do not boast, accomplish without show, accomplish without arrogance, accomplish without grabbing, accomplish without forcing.

- *Lao Tzu*

Day 248

To understand the limitation of things, desire them.

- *Lao Tzu*

Day 249

What is a 'false prophet'? Those who lie by attributing personal biases to divine source.

- *Leland Lewis*

Day 250

In a contest between
the Truth and lies;
Truth will always win.
Truth is Eternal;
and connected to Forever.
Lies are merely temporal;
illusionary and ephemeral.

- *Leland Lewis*

Day 251

Real travel requires a maximum of unscheduled wandering, for there is no other way of discovering surprises and marvels, which, as I see it, is the only good reason for not staying at home.

- *Alan W Watts*

Day 252

It means that Tao doesn't force or interfere with things, but lets them work in their own way, to produce results naturally. Then whatever needs to be done in done.

- *Benjamin Hoff*

Day 253

My will can control anything that’s empty.

- *Michael Ende*

Day 254

This is. And thou art. There is no safety. There is no end. The word must be heard in silence. There must be darkness to see the stars. The dance is always danced above the hollow place, above the terrible abyss.

- *Ursula K. Le Guin*

Day 255

It’s a kind of alchemy in that what you create has not existed before, you give birth to other potentials and possibilities, which continues and expands the program. Perhaps more importantly, the very core of existence is touched and celebrated, that being creation itself.

- *Darrell Calkins*

Day 256

Every ordinary moment, every little detail should be a celebration of your personal understanding. Your smallest act should be permeated with reverence.

- *Deng Ming-Dao*

Day 257

To a mind that is still the whole universe surrenders.

- *Lao Tzu*

Day 258

Give evil nothing to oppose
and it will disappear by itself.

- *Lao Tzu*

Day 259

There is nothing to be found
that is not Tao. Yet Tao itself
is never lost or found.

- *Leland Lewis*

Day 260

Stillness within,
Stillness around,
Still is the sky,
the trees,
and the ground.
- *Leland Lewis*

Day 261

If, then, my awareness of the past and future makes me less aware of the present, I must begin to wonder whether I am actually living in the real world.
- *Alan W Watts*

Day 262

The power of a clear mind is beyond description. But it can be attained by anyone who can appreciate and utilize the value of Nothing.
- *Benjamin Hoff*

Day 263

You must live your story.
- *Michael Ende*

Day 264

There have been great societies that did not use the wheel, but there have been no societies that did not tell stories.
- *Ursula K. Le Guin*

Day 265

Through the realization of the potentials and possibilities within and outside of you, one connects imagination with reality. What could be becomes so

- *Darrell Calkins*

Day 266

Unlocking our potential requires education, experience, and determination. One should never stop learning, never stop exploring, never stop going on adventures.

- *Deng Ming-Dao*

Day 267

all streams flow to the sea because it is lower than they are.
humility gives it its power. if you want to govern the people, you must place yourself below them. if you want to lead the people, you must learn how to follow them.

- *Lao Tzu*

Day 268

If you realize that all things change, there is nothing you will try to hold on to. If you are not afraid of dying, there is nothing you cannot achieve.

- *Lao Tzu*

Day 269

Using incense you can release prayers to the heavens (celestial realms) offering upward all cares or strife.

- *Leland Lewis*

Day 270

There exists no short cut and also no long way. There is just the Way.

- *Leland Lewis*

Day 271

...[W]ords can be communicative only between those who share similar experiences.

- *Alan W Watts*

Day 272

Cleverness, after all, has its limitations. Its mechanical judgments and clever remarks tend to prove inaccurate with passing time, because it doesn't look very deeply into things to begin with.

- *Benjamin Hoff*

Day 273

Just as the setting sun turned the clouds to liquid gold.

- *Michael Ende*

Day 274

If you evade suffering you also evade the chance of joy. Pleasure you may get, or pleasures, but you will not be fulfilled. You will not know what it is to come home.

- *Ursula K. Le Guin*

Day 275

As a soul, you have the freedom – and earned responsibility – to transpose your personal process of evolution, to manifest your greatest talents and vision, into the work that matters to you most as a means to personal redemption.

- *Darrell Calkins*

Day 276

Life is a constant series of opportunities. If we don't reach out for things, if we don't take advantage of what comes our way, then we cannot be in harmony with the essential nature of life.

- *Deng Ming-Dao*

Day 277

What the caterpillar calls the end, the rest of the world calls a butterfly.

- *Lao Tzu*

Day 278

Loss is not as bad as wanting more.

- *Lao Tzu*

Day 279

the earth is a part of God in the same way your hand is a part of your body. You did not make your hand you are your hand.

- *Leland Lewis*

Day 280

Expand your perspective, for the sky of your mind is infinite - *Leland Lewis*

Day 281

I am what happens between the maternity ward and the Crematorium.
- *Alan W Watts*

Day 282

If "good" is not necessarily good, and "bad" not necessarily bad, what is "small"?
- *Benjamin Hoff*

Day 283

A person’s reason for doing someone a good turn matters as much as the good turn itself.
- *Michael Ende*

Day 284

You can’t crush ideas by suppressing them. You can only crush them by ignoring them. By refusing to think, refusing to change.
- *Ursula K. Le Guin*

Day 285

There's a tunnel between our external skill sets and our deepest longings and passions. People with the highest developed skills always know how to traverse that tunnel. That is, personal integration and wholeness — and consequent accomplishment and fulfillment — are largely about "enlightening" the tool with the best we have in us. The tool could be anything — a voice or body, a musical instrument or paint brush, a trowel or computer.

- *Darrell Calkins*

Day 286

If you practiced for the day, then you have won. If you were lazy for the day, then you have lost.

- *Deng Ming-Dao*

Day 287

Stop leaving and you will arrive. Stop searching and you will see.
Stop running away and you will be found.

- *Lao Tzu*

Day 288

Muddy water, let stand, becomes clear.

- *Lao Tzu*

Day 289

“isms" and "ologies" are mere constructs of the historic planetary viewpoint. While Divine Consciousness awakened rests upon the infinite and Universal.

- *Leland Lewis*

Day 290

There is no separation between the evolution of the species; scientific discovery and the divine sacredness of the totality. The best evidence of this infinite divine sacredness is love itself. All is One.

- *Leland Lewis*

Day 291

But my dear man, reality is only a Rorschach ink-blot, you know.

- *Alan W Watts*

Day 292

Now, scholars can be very useful and necessary, in their own dull and up amusing way. They provide a lot of information. It's just that there is something more, and that something more is what life is really about.

- *Benjamin Hoff*

Day 293

All the world's misfortunes stemmed from the countless untruths, both deliberate and unintentional, which people told because of haste or carelessness.

- *Michael Ende*

Day 294

A man does not make his destiny: he accepts it or denies it.

- *Ursula K. Le Guin*

Day 295

We do have some capacity to determine how things evolve, and how we evolve, individually and as a community or race. That’s a tremendous freedom and a tremendous responsibility.

- *Darrell Calkins*

Day 296

Go through life without showing off, attracting attention to yourself, or making flamboyant gestures. These will only attract the hostility of others. The wise accomplish all that they want without arousing the envy or scorn of others.

- *Deng Ming-Dao*

Day 297

So the unwanting soul
sees what's hidden,
and the ever-wanting soul
sees only what it wants.

- *Lao Tzu*

Day 298

Because of a great love, one is courageous.

- *Lao Tzu*

Day 299

I belong to the party of One. I am also it's founder and only member.

- *Leland Lewis*

Day 300

A wondrous sea bird comes into view while ten thousand blessings fall upon you

- *Leland Lewis*

Day 301

Just as true humor is laughter at oneself, true humanity is Knowledge of oneself..

- *Alan W Watts*

Day 302

One disease, long life; no disease, short life.

- *Benjamin Hoff*

Day 303

He felt very lonely, yet there was a kind of pride in his loneliness.

- *Michael Ende*

Day 304

We live in capitalism. Its power seems inescapable. So did the divine right of kings. Any human power can be resisted and changed by human beings. Resistance and change often begin in art, and very often in our art, the art of words.

- *Ursula K. Le Guin*

Day 305

It’s misleading or deceptive in a way that such skills are learned like any other — simple practice, sincere investment over time.

Yes, like small steps, one at a time, to cross the bridge. Just a single step today.

- *Darrell Calkins*

Day 306

To simply be ourselves is the greatest challenge but the simplest spiritual technique.

- *Deng Ming-Dao*

Day 307

He who controls others may be powerful, but he who has mastered himself is mightier still.

- *Lao Tzu*

Day 308

Those who flow as life flows know they need no other force.

- *Lao Tzu*

Day 309

Taoism ~ There is no 'other'. All is One.

- *Leland Lewis*

Day 310

Not only are there endless worlds; but also endless dimensions, these also containing endless worlds. Yet within all of these wondrous realms, there is but One infinite Source of the All.

- *Leland Lewis*

Day 311

Technology is destructive only in the hands of people who do not realize that they are one and the same process as the universe.

- *Alan W Watts*

Day 312

A fly can't bird, but a bird can fly.

- *Benjamin Hoff*

Day 313

To be wise was to be above joy and sorrow, fear and pity, ambition and humiliation. It was to hate nothing and to love nothing, and above all to be utterly indifferent to the love and hate of others.

- *Michael Ende*

Day 314

The individual cannot bargain with the State. The State recognizes no coinage but power: and it issues the coins itself.

- *Ursula K. Le Guin*

Day 315

We survive largely because of the existence and recognition of high-end qualities—compassion, integrity, courage, humility, *etc.* These are how we perceive spirit. Even the most cynical and fatalistic bastard will snap out of self-absorption, abuse and hopelessness when confronted by an extreme expression of any one of these qualities.

- *Darrell Calkins*

Day 316

Let us so absorb integrity—experiencing both its triumphs and defeats—that we do the right thing intuitively.

- *Deng Ming-Dao*

Day 317

The reason why the universe is eternal is that it does not live for itself; it gives life to others as it transforms.

- *Lao Tzu*

Day 318

There is
a time to live
and a time to die
but never to reject the moment.
- *Lao Tzu*

Day 319

Your greatest teacher is the One with you always
- *Leland Lewis*

Day 320

Mastery is not to control;
but to allow the Tao
to flow freely
through you
- *Leland Lewis*

Day 321

We do not "come into" this world; we come out of it, as leaves from a tree.
- *Alan W Watts*

Day 322

A well-frog cannot imagine the ocean, nor can a summer insect conceive of ice.
How then can a scholar understand the Tao?
He is restricted by his own learning.
- *Benjamin Hoff*

Day 323

But time is life, and life exists in our hearts, and the more of it that the people saved, the less they actually had.

- *Michael Ende*

Day 324

To see that your life is a story while you're in the middle of living it may be a help to living it well.

- *Ursula K. Le Guin*

Day 325

What is it that we do here? By easing away from the mania that pulls on us, recalling and reconnecting with our essential spirit and callings, we regenerate our core inspiration and faith in Life and our place within it…with a purposeful eye toward facilitating evolution toward 'More capable human beings,' meaning grander, freer, more authentic and meaningfully effective.

- *Darrell Calkins*

Day 326

A moving door hinge never corrodes. Flowing water never grows stagnant.

- *Deng Ming-Dao*

Day 327

Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend.

- *Lao Tzu*

Day 328

Fill your bowl to the brim and it will spill. Keep sharpening your knife and it will blunt.

- *Lao Tzu*

Day 329

Divine Consciousness knows no limitation. No beginning, no end. Consciousness is infinite and therefore prior to and beyond time or space. Divine Consciousness is a direct experience rather than a teaching shared in words as words cannot describe the Infinite Tao

- *Leland Lewis*

Day 330

if you act out of hatred you create sorrow
if you act out of love you create joy.

- *Leland Lewis*

Day 331

I find that the sensation of myself as an ego inside a bag of skin is really a hallucination.

- *Alan W Watts*

Day 332

CURIOUS: "Why do birds fly South for the winter?"
SCIENCE: "Instinct."
It means, "We don't know. "

- *Benjamin Hoff*

Day 333

What you don't wish for will always be beyond your reach.

- *Michael Ende*

Day 334

The end justifies the means. But what if there never is an end?
All we have is means.

- *Ursula K. Le Guin*

Day 335

The guarantee and proof that this balance and power is real is in its actualization. That is, that it manifests in functional reality.

As in any intention, whether that be vague or specific, an ambition or desire, a goal or state of being, a question or hope, a curiosity or purpose, there exist natural and unnatural obstacles to its realization..

- *Darrell Calkins*

Day 336

If we know how to adapt, we end up being superior.

- *Deng Ming-Dao*

Day 337

One who is too insistent on his own views finds few to agree with him.

- *Lao Tzu*

Day 338

Things cannot forever go downward. There are limits to everything—even the cold, and the darkness, and the wind, and the dying.

- *Deng Ming-Dao*

Day 339

Love is a decision - not an emotion!

- *Lao Tzu*

Day 340

Speaking Truth connects your Being with the Universe; the All.
Uttering mere falsehoods; links one instead to the limited; the temporal.

- *Leland Lewis*

Day 341

There was a young man who said though, it seems that I know that I know, but what I would like to see is the I that knows me when I know that I know that I know.

- *Alan W Watts*

Day 342

The honey doesn't taste so good once it is being eaten; the goal doesn't mean so much once it is reached; the reward is not so rewarding once it has been given.

- *Benjamin Hoff*

Day 343

there are certain treasures that kill you if you can’t share them with others

- *Michael Ende*

Day 344

Gradually the healing took place, seeming as it always does that it wasn't taking place.

- *Ursula K. Le Guin*

Day 345

In my humble opinion, Nature is too kind, but, as I say, the game is big, and the challenges and temptations absolute. And this is a fascinating aspect of the totality of beauty; it gives more than is only necessary. The generosity is mind- and heart boggling.

- *Darrell Calkins*

Day 346

Tradition is first. Mercy is greater than tradition. Wisdom is greater than mercy.

- *Deng Ming-Dao*

Day 347

Do your work, then step back. The only path to serenity.

- *Lao Tzu*

Day 348

Colors blind the eye
Sounds deafen the ear.
Flavors numb the taste.
Thoughts weaken the mind.
Desires wither the heart.
- *Lao Tzu*

Day 349

Even the holy Gautama Buddha was not a Buddhist and Master Jesus not a Christian
- *Leland Lewis*

Day 350

We do not really need religion to exert influence into our governance. The founders knew this; it is the DNA of democracy.
- *Leland Lewis*

Day 351

The source of all light is in the eye
- *Alan W Watts*

Day 352

Sourness and bitterness come from the interfering and unappreciative mind. Life itself, when understood and utilized for what it is, is sweet.
- *Benjamin Hoff*

Day 353

Oh, nothing can happen more than once, but all things must happen one day.

- Michael Ende

Day 354

The world was not a setter of traps, but a teacher of valuable lessons.

- Benjamin Hoff

Day 355

If your curiosity reaches a breaking point (compelled actually means that you only have the remaining choice to act on it, having tried all the other options before), and becomes fascination with mystery or truth, you find what you need.

- Darrell Calkins

Day 356

Adversity is the tempering of one's mettle. Without it, we cannot know any true meaning in our accomplishments."

- Deng Ming-Dao

Day 357

Respond to anger with virtue. Deal with difficulties while they are still easy. Handle the great while it is still small.

- Lao Tzu

Day 358

When pure sincerity forms within, it is outwardly realized in other people's hearts.

- *Lao Tzu*

Day 359

We all have forests on our minds. Forests unexplored, unending.
Each one of us gets lost in the forest, every night, alone.

- *Ursula K. Le Guin*

Day 360

Karma: the illusion of separation
from the infinite Oneness
of the All; the Tao

- *Leland Lewis*

Day 361

People become concerned with being more humble than other people.

- *Alan W Watts*

Day 362

Some lose yet gain, others gain and yet lose.

- *Lao Tzu*

Day 363

Not seeking, not expecting, she is present, and can welcome all things.

- *Lao Tzu*

Day 364

To be a Taoist, one need not engage in fanatical denial of any part of life, nor does one need to leave family and career in order to gain a foothold on the path. One need only balance the various parts of one's personality and provide them with a strong focus.

- *Deng Ming-Dao*

Day 365

Most of the desires, and the suffering, are themselves by-products of others, established by society and the rules of each sect of society.

- *Darrell Calkins*

Conclusion

Guess what? You've made it! Yes! You've completed this book and you've done what majority of people would never do! Did you know that less than 10 percent of people who buy a book read past the first chapter? What an unbelievable waste! This is a small book that can create HUGE results in your life. Clearly, you're a person who won't cheat yourself by *dabbling*. For that, I salute you and give you my deepest respect.

How do you want to be remembered? I believe one of the greatest gifts that all human has is the ability to make decisions. Everything that has ever happened to us, we have the ability to decide what it means for us. For many, life is nothing but a boring bus ride. For some, life is like a crazy roller coaster that gives us many moment that takes our breath away and our minds off!

I hope that we'll stay connected and you'll write an email to tell me how this book helped or served you. In the future, I'll be writing more books, giving out more free content and creating more powerful online courses and classes.

Till then, remember to claim your free bonus, remain positive and expect amazing miracles to happen in your life… because *you* are one.

"Go for it now. The future is promised to no one" – Wayne Dyer